

Combat tactics reinforce confidence

By Alexandra Williams
284th Base Support Battalion Public
Affairs Office

Giessen's Miller Hall Fitness Center looked like a rough place April 17 as the basketball court was filled with men and women throwing punches, blocking and kicking.

About 50 Soldiers and civilians participated in the daylong hand-to-hand combat self-defense tactics course conducted by Grandmaster Lo Man Kam, a renowned martial artist from Taiwan. Lo, a retired major of the Taiwan Army, makes a living training members of the Taiwanese Army, Special Weapon Attack Teams, the Los Angeles Police Department, Navy SEALs from Virginia Beach, Va., and other U.S. federal agencies.

Participants learned a variety of skills during the course including basic maneuvers such as safely closing the distance to the attacker, blocking a punch, forcing the opponent to the ground and disarming an attacker.

Several 1st Brigade company commanders asked Renardo Reed, who runs the Wing Chun School at Miller Hall, to organize the training with his martial arts teacher.

Reed said he knows that confidence in one's capabilities is important for today's Soldiers.

"Apparently there's a need for today's Soldiers to know what it takes on the modern battlefield because the landscape of combat has changed," Reed said. "Everything went from long scale combat tactics to door to door, close quarters combat.

"It cannot be overstated that on the modern-day battlefield, the Soldier must rapidly respond to various situations, be it small-arms fire or hand-to-hand combat.

"Only through practical training in controlled but realistic fighting battlefield situations does one learn the necessary skills and acquires the basic combative framework.



Photo by Alexandra Williams

Grandmaster Lo Man Kam shows Soldiers a disarming tactic to use when being attacked with a knife. The training aims at building up self-defense knowledge for Soldiers who will deploy to combat zones.

"With physical contact, he or she can apply and improve upon what he or she has learned. Then in a real conflict, they have immediate, effective and flexible responses that have unlimited applications when faced with dangerous situations. This is the road to success in combat."

Many 527th Military Police Company Soldiers took advantage of the course to deepen their self-defense knowledge.

"I felt like I didn't learn enough during our training at AIT (Advanced Individual Training). I wanted to pick up more tactics because it could be very beneficial for me," said Pvt. 2 Natasha Santiago, 527th MP Co. "It's a lot to remember in one day, but I am sure that if I am in a situation, the tactics would

snap in."

"As MPs we do patrols on base, and I think it's good to know these hand-to-hand tactics, because you cannot always use your weapon," said Spc. Matthew Moressi, also from the 527th MP Co.

"As a Soldier I think it's good to have both — your weapon and the ability to fight unarmed to defend yourself," said Pfc. Brandon Truitt of Battery A, 2nd Battalion, 3rd Field Artillery.

"I think it's good to know what you can do if you get into a situation like after school," said Lee Hillmon, age 14. "My dad is a third degree black belt, and sometimes we practice together."

Hillmon added that knowing how to defend himself would not lead him to

fighting or getting in trouble. "When you learn self-defense moves you also learn to be responsible and to use them in an emergency and not for fun."

"The class was well accepted, and I will try to organize another one before the deployment," said Reed. "My sifu (teacher) was very happy with the turnout and is looking forward to coming back and interacting with our Soldiers. He has a lot more information to put out.

"Collectively we will set up a two-to three-day training event for the Soldiers. One day is clearly not enough; however it sure is a benefit having exposure to these real-world techniques.

"This training reinforces confidence in everyone, and our Soldiers sure can use that downrange."

Sports

Fitness classes

Step Aerobics is offered in Giessen Monday and Friday at 5 p.m. Power Flex takes place Wednesday in Giessen at 6 p.m. Friedberg hosts Cardio Kick Monday from 11:30 a.m. to 12:30 p.m. High/Low circuit training is offered at the Butzbach AST Tuesday from 7-8

p.m. For details call Miller Hall Fitness Center at mil 343-7201.

Martial arts classes

Wing Chun Kung Fu classes are offered Tuesday and Thursday from 6-8 p.m. at Miller Hall Fitness Center. Experience is not required. Eight classes are \$48. For details call mil 343-7201.

Sports

Climbing wall

The fitness centers in Giessen and Friedberg have rock climbing walls that can be used for free. Equipment and certification are provided. Certification can be taken daily during facility opening hours. For more information call Danny Sullivan at mil 343-6384.

Sports

3-on-3 basketball

A 3-on-3 basketball tournament takes place June 11-12. Individual trophies go to first and second place winners, and team trophies go to first to third place winners. The cost is \$40 per team. For details call Miller Hall Fitness Center at mil 343-7201.

284th BSB – Friedberg, Giessen



Host nation firefighters and medical crews render first aid to the victims of an explosion in the Community Mail Room in Giessen during an exercise April 25.

Exercise hones emergency teams' skills

**Story and photos by
Alexandra Williams**
284th Base Support Battalion
Public Affairs Office

A bomb explosion in the Giessen Depot Community Mail Room April 25 severely injured three CMR employees while two burning cars on the verge of explosion in front of the CMR threatened to injure more people. Local fire department and medical teams immediately responded to the alert of the American fire department, extinguished the burning cars and rescued the victims while German medical crews provided care.

This was the scenario of a mass casualty training exercise held by the 284th Base Support Battalion. The simulation ended with the initial care and preparation of victims for transport to local medical facilities. With the beginning of the exercise the 284th BSB also called their crisis management team into action. Already during the week before the exercise the force protection threat levels were raised to delta and members of the

team received messages informing them about a possible threat from a fantasy country.

"With the exercise we wanted to test our security measurements at the gate and surrounding local community," said 1 Lt. Elisabeth Smith, 284th BSB director of emergency services.

Such exercises also help military and local emergency services such as the fire department, police and medical crews test their ability to cooperate during a crisis, she said.

"There's no need for the community to get concerned. This exercise is not based on a real threat. We are conducting such exercises so we are always pre-



Firefighters get ready to enter the CMR.

pared for a real world emergency situation," Smith said.

The German rescue teams also welcomed the joint exercise not only because they got to know the American installations better, an important issue in a real emergency situation, said H.J. Schink, chief of the office of fire prevention of



Local firefighters extinguish a car fire in front of the Community Mail Room.

the city of Giessen.

"There are language barriers that need to be overcome, and besides having different leadership structures we also have different operations tactics, so it's important that German and American leaders work together," he said.

"With the joint exercise we would also like to demonstrate that the security of Americans has the same priority to us as the security of the German citi-

zens. We would also be glad to welcome Americans for a tour of our facility," Schink said.

Community spotlights

CYS care, classes

On-site services for CLEOS will be offered every Monday from 9 a.m. to noon at the Butzbach Child Development Center, Tuesdays from 9 a.m. to noon at the Bad Nauheim CDC and Wednesdays from 9 a.m. to 2 p.m. at the Friedberg CDC. Parents may register or re-register their child or make payments at these locations. A **Parent's Night Out** will be hosted May 20 from 6:30-10:30 p.m. at the Giessen CDC. Reservation and payment deadline is May 13. The cost is \$10 per child CDC age and \$6 for School-Age Service age. Children must be CLEOS registered. **Pre-toddler and preschool hourly care** space is currently available at the Bad Nauheim CDC. Also available are **two-day and part-day care** slots for preschool slots on Tuesday and Thursday. Friedberg CDC has **infant hourly care and part-day toddler** vacancies. The Friedberg CDC offers **Parental Education classes** every second Wednesday of the month from noon to 1 p.m. For details on topics call Sha' Campbell at mil 324-3137. All 284th BSB CYS facilities offer the **Parents and Youth Participation Program** in which parents and youth can earn a 10 percent discount on fees or field trips and dances when they assist their CYS facility. For more information on the programs call the Central Enrollment Office in Giessen at civ (0641) 402-8216/7028.

Mom 2 Mom

The Mom 2 Mom Breastfeeding Peer Support Program hosts a training session May 21 from 9 a.m. to 5 p.m. in the training room of Army Community Service located in Building 3 on the Giessen Depot. The program will match new moms who would like to breastfeed with experienced mothers. To help with the training the program still needs mothers who have been breastfeeding for at least three months and consider it a good experience. If you are interested in helping new moms or would like to attend the training call Tammy Castro-Leduc at mil 343-1550, civ (0173) 471 3409 or send an email to tammy.hermosilla@us.army.mil.

Volunteers sought

Volunteers are needed for Butzbach's Roman Way Housing Mayoral Program. Needed are individuals interested in serving on different committees such as welcome, programs and events, newsletter and website. If you are interested in supporting the program contact mayor Tamara Smith or deputy mayor Micol Clissold on Tuesday or Thursday from 6-



Photo by Petra Roberts

East meets west

Maj. Roberts Fekete, a Hungarian Air Force officer and Agnes Bernath meet young Americans during their visit to Friedberg's Ray Barracks child care facility. Fekete and Bernath were part of a group of Hungarians who paid a visit to the installation. The group talked to a few Soldiers and also learned more about the various family and child services to take care of families when Soldiers deploy.

8 p.m. at civ (06033) 925 329 or stop by the Butzbach Outreach Center in Building 6543, Apartment 3B.

Summer Hire program

The Summer Hire program runs from June 27 to Aug. 5. Students age 14-22 interested in participating can gain valuable work experience and earn some extra cash this summer. The web-based application and instructions can be found at www.chra.eur.army.mil. The deadline to submit application is May 13. Completed application packages should be delivered to the Hanau Civilian Personnel Advisory Center or can be dropped off with Abbie Jemmott at the Directorate of Logistics in Building 119, Room C-3 on the Giessen Depot. For more information about the program call mil 343-7000 or civ (0641) 402-7000.

Bowling highlights

The Friedberg Spare Time Lanes bowling center hosts **Bowler Mania** Saturday from 11 a.m. to 5 p.m. You can bowl all day for \$5 per person plus the cost of shoe rental. **40 Frame Night** takes place Thursday from 3-11 p.m. Bowl for \$10 per person. Each frame is filled with different and challenging surprises. The person with the highest score at the end of the night will receive a cash prize. **Own Your Own Lane** Wednesday from

5-11 p.m. for \$15 per lane. No reservation permitted during this time. Anyone in uniform can bowl two games for 75 cents plus free shoe rental daily from 11 a.m. to 1:30 p.m. during **Uniform Bowling**. The Lounge hosts Movie Night every Monday with a different theme every week. **Spades Tournament Night** takes place Tuesday. Wednesday is Jell-O Shot/Pitcher Night. Enjoy the classic sounds of the 80's every Thursday during **80s Night**. **Old School/Hip Hop/Reggae Night** is featured every Friday, and Sunday is dedicated to a wide variety of sporting events during Sports Night.

Outdoor Rec trips

The Giessen Outdoor Recreation Office hosts a **Poland shopping trip** May 14. The cost is \$59 per person. A trip to **Legoland** to attend the **Star Wars Day** takes place May 21. The cost is \$59 for adults and \$49 for children. A trip to **Italy** is scheduled for May 27-30. The cost is \$319 for adults, \$229 for children age 4-11 and \$90 for children under 3 and includes three overnights at a hotel on the beach and trips to Pisa and Florence. For details call mil 343-8202.

AAFES job fair

The Army and Air Force Exchange Service hosts a job fair May 17 from 11 a.m. to 2 p.m. at the Burger King Court

Yard. Local nationals and others interested in working for AAFES and cannot attend the job fair can call the Human Resource Office in Hanau Monday to Friday at civ (06181) 958 4402.

ACAP workshops

The Army Career and Alumni Program hosts a **Transition Assistance Program workshop** June 7-8 at Friedberg's Ray Barracks. Topics include self-assessment, planning, resumes, job search strategies, networking, interviewing and negotiating job offers. The workshop is a prerequisite for further job search assistance. A **Veterans Benefits Briefing** will be conducted May 25 from 9 a.m. to noon in Friedberg. For details on ACAP workshops call Claire Sowinski at mil 343-9332.

Family Support Group

The Family Support Group of the Giessen Elementary School meets Tuesday starting 6:30 p.m. The meeting is open to all parents of GES students. The group is designed to discuss relevant community, school and family issues and continues until school is out. Free child care is provided upon request. For details call mil 343-7248.

Free cleaning products

The self help stores in Giessen and Friedberg accept partially used household cleaning products such as Windex, 409 or Lysol and reissue them for free to anyone who wants them. When you move don't throw them in the garbage because it's illegal and bad for the environment. Drop them off at any of the self help stores or turn them over to the housing inspector.

Volunteers sought

Call 284th Base Support Battalion Army Volunteer Corps coordinator Kelly Kreis at mil 324-3465, civ (06031) 81-3465, or email her at kreis@104asg.mwr.army.mil for the latest on volunteer opportunities in your community. Agencies seeking volunteers include the Parent Teacher Student Association, Boy Scouts and Girl Scouts, community mail rooms, libraries, arts and crafts centers, Family Readiness Groups, thrift shops, the Hearts and Hands Community Club, the Red Cross, the medical and dental clinics, the Safe Neighborhood Awareness Program, the tax centers, Army Family Team Building and the Army Family Action Plan.

Bulk trash pickup

The next bulk trash pickup date is scheduled for June 3. Put your trash out the night before pickup.

284th BSB – Friedberg, Giessen

YS programs keep youths occupied

By Alexandra Williams
284th Base Support Battalion Public
Affairs Office

Moving from an Army installation in the United States to a small garrison such as the 284th Base Support Battalion can be rough for teenagers. They may think there will be limited recreation activities overseas.

Youth Services in partnership with the Boys and Girls Clubs of America aims to ensure young people find plenty of entertaining and enriching activities while in Europe.

"We want to keep youths engaged and active in the community while they are here. The partnership with the Boys and Girls Clubs of America enables us to provide teenagers with the tools and resources to create a positive place," said Margaret Ann Curry, 284th BSB YS program manager.

Youth Services programs are open to young people age 11-18.

To make it easier for young people to find out what is available and to familiarize them with their new German and American communities YS offers the Youth Sponsorship program.

"The intent of the program is to make them feel welcome," said Curry. "Either someone from the YS staff or another youth their age talks to them about the BSB and what is available for them. It's also an easy way to make new friends, and it helps them adjust to the new environment."

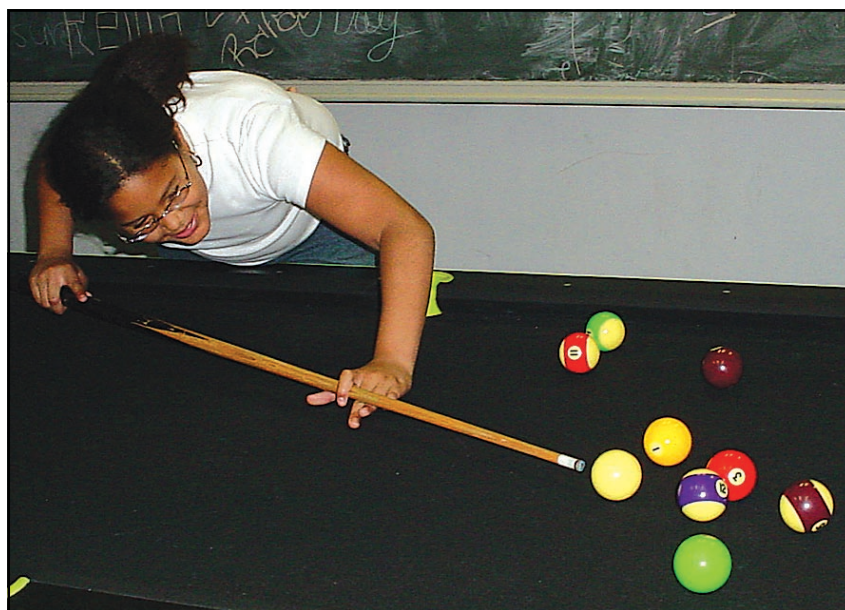


Photo by Julia Lopez

Child and Youth Services offer a variety of leisure time activities. In the Youth Service center young people can enjoy a game of pool or be part of several youth clubs including the Boys and Girls Clubs of America.

Newly arrived parents can sign their children up for the program during inprocessing, and Curry's office will contact them as soon as they have found a matching teenager.

Future plans call for young people to be contacted before their move to Germany, she said.

Youths enrolling with the Child and Youth Services Registration Office can participate in programs such as the Torch Club Leadership group and the Keystone

Leadership group and several interest clubs, bi-annual teen forums, core tech programs, computer lab. Artistic talents are rewarded in the annual Imagemaker National Photography contest and Fine Arts exhibition. Power Hour is a homework and tutoring lab that takes place daily from 3-6 p.m. and is geared toward helping 6-12-year-olds be more successful in school.

Summer sports programs include the Summer Bowling League for children

age 6-15 in Giessen from June 20 to July 29, street hockey July 11-12 in Butzbach and 14-15 in Giessen, a tennis clinic in Giessen July 25-28 and a soccer clinic Aug. 1-5. Trips are offered throughout the summer break including trips to Legoland, the Czech Republic, Neuschwanstein Castle, the Alligator Farm, Holiday Park and family bike tours. These activities are open to the entire family not only the enrolled child.

As programs are aimed at keeping youths engaged in appropriate activities, some may earn a financial benefit for their education.

"Every year we award four young people with a \$1,000 Presidential Freedom Scholarship. To be eligible they have to be active in the YS program," Curry said.

"Teenagers age 14-18 can also participate in the yearlong Youth of the Year competition. They need to demonstrate character, provide service to their community and must positively contribute to their family life," she said. While the competition promotes positive character building the winner automatically receives one of the scholarships.

For more information on youth programs contact Curry at mil 343-7320 or civ (0641) 402-7320. To enroll your child visit the Central Enrollment Office in Building 3, Room 215 on the Giessen Depot or call mil 343-8216, civ (0641) 402-8216.

Internet delivers facts for car shippers

U.S. personnel overseas can discover how to ship vehicles to the United States on the Internet. You can find the listed links on the Military Customs Web site at www.hqusareur.army.mil/opm/cars.htm.

The U.S. Bureau of Customs and Border Protection offers tips on converting foreign vehicles to U.S. emission and safety standards, washing requirements to prevent spreading bugs and diseases stateside and tells you how to import a vehicle without paying duty.

For people with foreign vehicles not built to U.S. safety specifications, the site has links to the latest list of registered importers that can convert foreign-specification vehicles to

U.S. standards, the list of foreign vehicles that can be converted, details on importing Canadian standard vehicles, and the HS-7 Declaration Form required for vehicle imports.

The Environmental Protection Agency also has a link listing the Automotive Imports Facts Manual, Independent Commercial Importer List, a "What's New?" section, Approved Canadian Vehicles and the EPA 3520-1 Declaration Form.

The Department of Agriculture link explains why high standards of cleanliness are necessary for vehicles shipped stateside. For details on customs issues call mil 343-6514. (U.S. Army Europe Release)

ACS schedule

Sponsorship training

Soldiers, families and Department of Defense civilians arriving new in country need a sponsor to provide assistance. Learn how to welcome incoming personnel transition fast and easy into the community. The next sponsorship training will be held June 5 at 10 a.m. at the Giessen ACS. For details call Dan Adams at 343-6910.

Mother/Infant support group

The group is open to all mothers who wish to spend some time with other young mothers to share and make friends. For information call Yvette Joshua at civ (06033) 925 329.

Classes, cookout

Army Community Service in Giessen hosts a **Military Spouse Day Cookout** May 19 from 11:30 a.m. to 1 p.m. Spouses are invited to this free lunch with door prizes. **Key Caller training** takes place May 24 from 10 a.m. to noon. The training is developed to assist key callers to collect and pass information from spouses assigned to them by their Family Readiness Group leaders. Friedberg ACS hosts a **Memorial Day Cookout** May 26 from 11 a.m. to 1 p.m. Everyone is invited to enjoy the free lunch. A **Checkbook Management** class will be held May 18 from 10 a.m. to noon in Giessen and May 27 at the Butzbach

Outreach Center. A **Saving and Investment class** will be hosted May 20 from 10 a.m. to noon in Friedberg. For more information on ACS programs call ACS in Giessen at mil 343-7618 or ACS in Friedberg at mil 324-3465.

Care providers needed

The Exceptional Family Member Program seeks individuals interested to help families with special needs (adults and children) as respite care providers. Training will be provided. Or are you interested in forming your own EFMP group? For details call Drew Anderson in Giessen at mil 343-6040 or Shona Legaspi in Friedberg at mil 324-3465.

Students mark Earth Day with nature hike

By Troy Darr

104th Area Support Group Public Affairs Office

Sportfield Elementary School third-graders headed to the woods April 21 to celebrate Earth Day and learn about their natural environment.

As the Army prepared to celebrate the 35th anniversary of Earth Day, the 414th Base Support Battalion's Directorate of Public Works hosted a nature hike with plant identification and recycling awareness for the students.

The children did a great job of finding plants in the meadows and woods along the Kinzig River, said Evelyn Roth, a management agronomist who led the expedition and identified the children's discoveries. Buttercups, daisies, dandelions, forget-me-nots, anemones, garlic mustard and wild garlic were among plants the children found.

Dagmar Trittin, the directorate's environmental protection specialist, reinforced this year's Army Earth Day theme, "Sustaining the Environment for a Secure Future" by asking the children what they could do to help the environment.

"Pick up trash," was one response from the crowd of children.

"What can you do with the trash that helps the environment even more,"

asked Trittin.

"Recycle it," was the response.

Trittin explained how conserving electricity and water can help the environment.

"These nature hikes help promote awareness of the environment," said Trittin. "That is important so children will support environmental programs like recycling."

Besides the plants, the children had the opportunity to see ducks, mice, slugs and the homes of bats, but "no crocodiles" as one child observed.

"I learned about slugs," said Daniel Devol, a student in Cheryl Lowery's third-grade class. "I found out they have a little hole in them so they can breathe."

"I learned a lot about nature and that we should pick up trash and recycle it," he said.

Roth said she enjoys sharing her love of nature with children.

"Life depends on nature, but the way we live we don't have much contact with it," she said. "If we give kids the opportunity to learn more about nature, maybe they will develop a relationship with nature and want to protect it."

"These two ladies are just wonderful," said Lowery about Roth and Trittin.

"Last year we went for the first time, and it's just fabulous."



Photo by Ulrike Raab

A sportfield Elementary School third-grader hands a plant to Evelyn Roth, a management agronomist with the 414th Base Support Battalion.

School dedicates greenhouse to former teachers

By Troy Darr

104th Area Support Group Public Affairs Office

Hanau American Middle School officials dedicated the school's greenhouse April 22 in memory of Beverly and William Whitaker, two retired teachers who were killed in an auto accident last summer.

The Whitaker Memorial Greenhouse started out as a storage area until 1991 when William Whitaker and former assistant principal, Jim Lynch, converted the area behind the school into a winter garden, said Lynch.

The two retired Department of Defense Dependents Schools educators were killed July 21, 2004, in a four-car crash in North Carolina as they were traveling from Florida to Virginia to attend their son's wedding, according to news reports.



Photo by Karl Weisel

Marilyn Lightle, Hanau Middle School AVID teacher (center), and others look at a yearbook during the greenhouse dedication ceremony.

The couple had been married for five years when they accepted positions in Germany at Frankfurt American schools in 1972. From 1981 until 1989 Beverly taught physical education and Will-

iam taught biology at Hanau High School, and from 1989 until they retired in 2003 they worked at Hanau Middle School as a guidance counselor and life science teacher, respectively.

"In the time I worked with the Whitakers it was easy to see how much they cared about the kids by how much time they spent with them," said Randall Wall, middle school science teacher. "Day

in and day out we wonder if we are accomplishing anything, but the Whitakers were a shining example of the value of what we're investing in."

"On behalf of the students I would like to say that they cared a lot about us and set us up for success," said Kyri Bye-Nagel, a student.

Harry Nazario, Ralph Henderson and Willie Bristow, Army and Air Force Exchange Service managers in the Hanau area, donated new plants to the greenhouse for the dedication ceremony, said Lynch.

Over the past year friends of the Whitakers raised money for a scholarship fund, and Alpha Phi Alpha Fraternity and Delta Sigma Theta Sorority will award \$9,000 in scholarships to DoDDS students May 15.

Wall said the school also plans to plant two trees in memory of the couple.

414th BSB – Büdingen, Hanau

Boy Scouts provide activities for families overseas Scoutmaster: 'We make sure we do fun stuff during our meetings'

By Troy Darr
104th Area Support Group
Public Affairs Office

The busy schedule of activities for Hanau's Boy Scout Troop 49 reads like the travels of a college grad backpacking through Europe.

January saw the troop members spending a busy weekend in Switzerland facing winter challenges at the International Scout Center. In February they camped out in Hanau, and in March they traveled to Heidelberg to learn firearm safety and marksmanship.

"We make sure we do fun stuff during our meetings," said Chief Warrant Officer 5 Alan Ruzicka, Troop 49 scoutmaster. "We work on merit badges like fingerprinting and genealogy or critical skills like flag folding, planning a troop meal and knot tying."

The highlight of the year so far was the Normandy Camporee where the troop spent three days camping, working on their scouting skills and cleaning up Omaha Beach with other scouts.

This month they plan to travel to Maastricht, the Netherlands, for a weekend of challenging scouting activities with 3,000 scouts from around the world.

Participation in Troop 49 is not all world travel though. They meet every Thursday at Pioneer Kaserne to learn new skills, work on merit badges and to just have fun.

"This summer every week is filled with huge scouting events up to the two weeks before school starts," he said. "In September we start up the after summer program again with a canoe trip."

So far this year they have learned the fundamentals of flying on the aviation simulator at Fliegerhorst Kaserne, held a Halo competition, learned about what U.S. embassies do as part of their Citizenship in the Nation Merit Badge and many other activities.



Photos by Troy Darr

Jason Ruzicka repairs a bicycle tire to prepare for a bicycle ride two days later.

Boy Scouts is not all learning and playing. Community service is a key aspect of the program.

"To be a scout each of the

boys is required to serve six hours every six months to advance to a new level," said Ruzicka. "Although the boys are required to serve six hours



Alan Ruzicka, scoutmaster for Boy Scout Troop 49, explains how to repair a bicycle tire.

every six months, the average is probably 20 or 30 hours every six months."

Ruzicka said the scouts volunteer individually "cleaning offices at community organizations, providing grounds maintenance or supervising projects at Child and Youth Services. "The volunteer work they do must be 100 percent dedicated to helping the community," said Ruzicka.

With the slogan 'Do a Good Turn Daily' and the motto 'Be Prepared' the Boy Scouts "turn out good citizens," he said.

While the boys focus on learning new skills and having fun, the adult supervisors focus on safety.

The Boy Scouts of America National Council has developed policies and guidelines to protect members from haz-

ards that have been identified through more than 80 years of experience.

"Adults get training focused on protecting children and safety," said Ruzicka. "Safety, protection and registration of adult leaders has a lot of command interest."

Thousands of volunteer leaders, both men and women, are involved in the Boy Scouting program. They serve in a variety of jobs — everything from unit leaders to chairmen of troop committees, committee members, merit badge counselors and chartered organization representatives.

For more information about the Boy Scouts call Ruzicka at civ (06181) 939 8532 or attend the weekly meeting every Thursday at 7 p.m. at Building 40 on Pioneer Kaserne.

414th BSB – Büdingen, Hanau

Community notes . . . Community notes

Armed Forces Day celebration

Hanau's Chapel Office sponsors an Armed Forces Day celebration May 22 at the Pioneer Chapel featuring an ecumenical fellowship at 11 a.m. followed by a barbecue, games, team-building events, volleyball and sumo wrestling. Youngsters can enjoy face painting and karaoke. The event is aimed at honoring those who serve in the military making enormous sacrifices. Call Chaplain (Lt. Col.) Alvin Sykes at mil 322-8295 for more information.

Library Book Club

The Pioneer Library will host a Book Club meeting May 25 at 6:30 p.m. to discuss Sue Monk Kidd's "The Secret Life of Bees."

New computer store

Custom Computers held a grand opening May 1 in Building 28 on Pioneer Kaserne. The store, which includes a cyber cafe, repair services and computer upgrades, is open Wednesday through Sunday from 11 a.m. to 10 p.m.

Comedy acts

Club I at Fliegerhorst Kaserne will host the Urban Comedy Tour featuring almost famous comedians RT and Tyler Craig May 21.

Merger information

The 414th Base Support Battalion Adjutants Office in Building 451, Old Argonner Kaserne closed on May 2 as part of the merger with 104th Area Support Group. All adjutant actions will now go to the 104th ASG adjutant, Capt. Melisa Hartigan, and her section at mil 323-3001 on Yorkoff Kaserne Building 1202. The MWR Human Resource Cell in Building 451, Old Argonner Kaserne relocated to Rooms 104 and 105, Building 1202, Yorkhof Kaserne, on May 2. The new



Photo by Dennis Johnson

Hanau celebrated Asian Pacific Heritage Month last year at the Evening Star Theater with Castaneda Keikis, a Hawaiian dance group.

phone number is mil 323-3001.

Religious retreat

A retreat for religious education personnel and other interested people in the 104th Area Support Group is scheduled for May 22 from 3-7 p.m. at Fliegerhorst Chapel on Fliegerhorst Kaserne in Hanau. The themes of the retreat are "Developing a Biblical Spirituality for Leadership" and "The Child as Theologian: Listening to Children" presented by Simeon Gallagher. Registration is encouraged for planning purposes but not essential for attendance. Child care will be provided upon request. An evening meal will be provided at the close of the retreat. For more information or to register call Gerri Merkel at mil 322-9224 or email gerri.merkel@104asg.army.mil.

Mini-retreat

An evening mini-retreat will be held at Fliegerhorst Chapel in Hanau May 23 from 6-8:30 p.m. conducted by Simeon Gallagher entitled "Reclaiming Virtues and Values: The Principles of Our Founders." The event is sponsored by the Catholic Women

of the Chapel. Both men and women are invited. Child care will be available. For more information call Lisa Hixon at civ (06181) 507 9250.

'Liberty and Freedom for All'

The 104th Area Support Group and 16th Corps Support Group's Equal Opportunity advisers seek volunteers to donate Asian dishes for an Asian Pacific Heritage Month observance May 14 from 1-3 p.m. at Hanau's Pioneer Fitness Center. A variety of dishes are needed. Call Sgt. 1st Class Gayden at mil 323-2012, email donna.gayden@104asg.army.mil or call Sgt. 1st Class Sanders at mil 323-2998. The 130th Engineer Brigade will host an Asian Pacific Heritage celebration May 17 at 1 p.m. in the Pioneer Theater. The guest speaker is Lt. Col. Robert A. Baer. For more information call Sgt. 1st Class Patronas at mil 322-8605 or Sgt. 1st Class Robinson at mil 322-7397.

Change of Command

Capt. Brian J. Henderson assumed command of Headquarters and Headquarters Company, 130th Engineer

Brigade, from Capt. Sedrick L. Jackson in a ceremony at Fliegerhorst Fitness Center May 4. Henderson formerly served as the brigade S-3 operations officer. Jackson moves on to a position with the Human Resources Command in Virginia.

HeBrews Cafe

Join HeBrews Cafe every Wednesday from 6-7 p.m. at the Büdingen Chapel for a brief Bible study and dinner. Contact Chaplain (Capt.) Tony Petros at mil 321-4810 or civ (06042) 80-810 for details.

Büdingen WIC-O

The Büdingen WIC-O is now open every first and third Wednesday of the month from 8:30 a.m. to 5 p.m. Call Kay Klumpyan, senior wellness coordinator, Hanau WIC-O, at mil 322-9636 or civ (06181) 88-9636 for details.

BOSS meetings

Join BOSS at the Community Activity Center, Building 1355, on Fliegerhorst Kaserne every first and third Thursday of the month at 1:30 p.m. Contact Spc. Little at civ (0163) 597 9787 or by email to Lloyd.little@us.army.mil.

Career Launch

Career Launch and Job Ready is a Boys and Girls Club program that started March 28 and will run until May 13. The program at the Galaxy Middle/Teen Center, Building 200 on New Argonner Kaserne is designed to enable youth to investigate career options and opportunities and to prepare for Summer Hire jobs. Stop by and sign or call for training on how to complete a work application and more. The Summer Hire vacancy announcement and the opportunity for family members to apply for Summer Hire positions opened March 31 and will run through May 13 from 3-4 p.m.

The age limit to participate in the Summer Hire program is 14-23 years of age. For more information contact Hanau Youth Services at mil 322-8283 or civ (06181) 88-8231.

USO tickets, classes

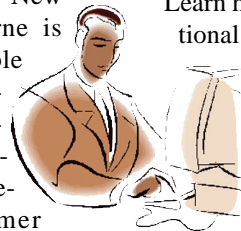
The USO is selling tickets for the MWR Teen Ages Dance Marathon scheduled for May 20. Tickets cost \$5 each. USO is selling season tickets for the Frankfurt Galaxy home games for €25 per ticket. The dates of the games are May 14 (vs. Cologne Centurions), May 28 (vs. Berlin Thunder). A beginner's cake baking/decorating class will be held in the kitchen of Building 19 on Pioneer Kaserne every third Thursday of the month from 3-6 p.m. The class, which can be held in English or Spanish, will cost \$40 (everything provided). Stop by the Hanau USO, Building 19 on Pioneer Kaserne to sign up for a class or purchase a ticket. Call the Hanau USO at mil 322-8725 or civ (06181) 88-8725 for details.

ACS offers employment help

Familiarize yourself with employment opportunities and application procedures at an Employment Orientation conducted in Hanau every Tuesday from 10-11:30 a.m. This class is also offered at the Büdingen Family Outreach Center on Armstrong Barracks May 19 from 11 a.m. to noon. Learn how to create a conventional resume at a Resume workshop May 16 from 10-11:30 a.m. All classes in Hanau are held from 10-11:30 a.m. on Pioneer Kaserne, Building 19, Room 28. Call mil 322-9191 or civ (06181) 88-9191 for details.

Hanau Community Blood Drive

A blood drive will be held May 24-25, 9 a.m. to 4 p.m. at the Pioneer Gym (Building 41) on Pioneer Kaserne.



Cook earns medals at Army Culinary Competition

By Dennis Johnson

130th Engineer Brigade Public Affairs Office

Mad King Ludwig's fairy tale castle, Neuschwanstein, never tasted so good. After all, the real one is only made of brick and stone.

At the 104th Area Support Group culinary competition last December, Sgt. 1st Class Suzanne Downing earned a gold medal in the Showpiece Category with a chocolate rendering of the famous Bavarian castle, Neuschwanstein.

The castle earned her a spot on the U.S. Army Europe team and a trip to the U.S. Army Culinary Arts Competition held at Fort Lee, Va., March 4-18. There, Downing competed as part of the USAREUR team, winning three bronze medals.

In December cooking teams from throughout Europe were invited to compete at the Sapper's Inn dining facility on Pioneer Kaserne in Hanau for a spot on the USAREUR team.

The competition covered all areas of the culinary arts, from appetizers and soups, main dishes and vegetarian dishes, to desserts and showpieces.

Downing, the Sapper's Inn Dining Facility manager and food service operations sergeant, earned two gold medals, one for pastries and the other in the showpiece category with her rendering of King Ludwig's fairy tale castle.

Each category has specific guidelines for the cooks to follow.

In the Patisserie/Confectionary cat-



Photos by Dennis Johnson

Sgt. 1st Class Suzanne Downing, Sapper's Inn Dining Facility manager and food service operations sergeant, earned a gold medal in the showpiece category with a chocolate rendering of the famous Bavarian castle, Neuschwanstein.



Spc. Alicia Hight, Headquarters and Headquarters Detachment, 47th Forward Support Battalion, prepares a dessert. Hight won a gold medal and a team bronze medal in the Army's culinary arts competition.

egory, cooks had the option of creating "one buffet platter of fancy cookies, chocolates or petit-fours" or "six different individual hot or cold desserts."

Downing earned her gold medal for creating six desserts, including a Black Forest cake and a carrot cake with marzipan.

Medals are earned for scoring high against culinary standards, not in competition with other cooks.

"It's not like the Olympics, with first, second and third places. You compete against standards," said Downing. "There's a checklist with a merit system. You earn points for things like creativity, presentation, artistic ability and taste."

In the showpiece category Downing choose to work in a medium called Pastillage.

Pastillage is also known as sugarpaste or rolled fondant. It's a hard sugar concoction that is often used by pastry chefs to make artistic creations such as the flowers on a wedding cake.

It can also be used for decorating cakes and cookies; it can be rolled and draped over a cake, poured as a glaze or used for sculpting. Fondant is also the basis of many candies. It can be of

varying hardness depending on its intended use.

"It's made of powdered sugar, egg whites, lemon juice and gum tragacanth. Mix it all together, roll it out and cut it to shape. It hardens just like porcelain, and that's what you use as your canvas," said Downing.

After rolling out her canvas made of the sugar pastillage, Downing painted the castle with chocolate.

"I made a cocoa painting of the Neuschwanstein castle using cocoa powder and water," said Downing. "It's just straight Hershey's cocoa powder with water on a paint palette."

At the end of the ASG-level competition, 12 cooks were selected to represent the U.S. Army in Europe at the 30th annual U.S. Army Culinary Arts Competition held at the U.S. Army Quartermaster Center and School at Fort Lee, Va., in March.

Eight were team members, one acted as the team manager and three acted as apprentice cooks who assisted the team and were ready to act as alternates.

The team consisted of Soldiers from throughout Germany.

Three team members were selected from the 104th ASG — Downing, Spc.

Alicia Hight and Pfc. Mary Anne Vergara, both from Headquarters and Headquarters Detachment, 47th Forward Support Battalion.

The culinary team traveled to Fort Pickett, Va., on Feb. 13 for two weeks of training together before the competition started.

Then they moved to Fort Lee for the competition where they competed against 12 teams from around the world, including Fort Campbell, Ky., Fort Drum, N.Y., Fort Bragg, N.C., and a team from Korea.

The competition started March 4, and the team cooked their way through individual and team competitions for the next 12 days straight. There were live and static competitions.

"In a live competition you take all the equipment you need, go to a staging area and complete the category there in front of the judges. It's cook and serve," said Downing.

In the static competitions, the dishes are just presented for judging.

The USAREUR team received third place in the overall team competition behind the second-place team from Fort Bragg and the first-place winners from Korea.

Downing earned three bronze medals at the culinary arts competition. They included one for her three-course vegetarian meal, one in the showpiece category for another pastillage cocoa painting — of a deer in the woods — and a team bronze medal for the team buffet category.

Hight won a gold medal in the hot and cold composed dessert category and a team bronze in the team buffet category.

Cooks take pride in their work.

"It's beans and bullets. You can't win a war on an empty stomach. If you've got no food, you've got no morale," said Downing.

"Here in Hanau, we're in competition with local restaurants. I feel the Sapper's Inn is the Soldier's restaurant; we do everything we can to make it like mom's house," she said.

"While they're stationed here in Germany they can't go down the street to mom's."

"It's about having that extra little pride. People say to me, 'I get more at the DFAC than just short-order burgers,'" said Downing.

One civilian who comes to the DFAC after her morning work-out particularly likes the oatmeal for breakfast. "After a good workout and a good breakfast, I'm always at my best at work," she said.

The facility on Pioneer Kaserne serves about 500 meals each day.